

Indiana Nutrition Newsletter

Keeping Schools 'IN' the Know

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If you know of a nutrition-related or Food Service success story, please [click here](#).

School Lunch is so Cool at Elwood Jr/Sr High School that Students are Talking About it on Facebook!

By Suzette Hartmann, School Nutrition Specialist



Photo of remodeled serving areas with new signage at Elwood Jr/Sr High School

At Elwood Jr/Sr High School, student school lunch participation has gone up 16 percent this fall compared to the same time last school year! The students are so excited about the changes at their school cafeteria that they are talking about it on Facebook!

How did this happen? At the end of school last May, Jay Turner, Food Service Director of Elwood Community School Corporation, was faced with several challenges for the 2014-2015 school year - especially at the high school:

- The High School (grades 9-12) would become a Jr/Sr High School (grades 7-12), and enrollment would increase by about 200 students
- The number of serving periods for lunch would go from two to three
- USDA's Smart Snacks in School requirements would go into effect for the 2014-15 school year, and the high school had an a la carte line where lots of snack items had been sold

- All grain items offered to meet the grain requirement at breakfast and lunch must be whole-grain rich
- Meeting Target 1 of the Dietary Specification for Sodium
- Educating students on what to select for a reimbursable school breakfast and lunch

At the end of last year, Turner worked with Roxie Fred, Cafeteria Manager at the high school, to embark on a mission to meet all of these challenges and transform the cafeteria into something quite different. They decided to create multiple menus. It was Turner's intention to maintain participation. They had no idea the transformation would be such a success.

Last year, students could purchase a reimbursable meal from either the regular lunch line or the a la carte line. One hot entrée item was prepared each day and included on both lines. Students could purchase a reimbursable lunch from the a la carte line depending on what they

selected. On the a la carte line, a large selection of snack items were offered in addition to the hot entrée, vegetables, fruits, milk, and a Chef Salad (the Chef Salad was only offered on the a la carte line). However, many of the snack items would no longer be allowed this year due to the new Smart Snacks requirements.

Here is how the serving areas in the cafeteria were transformed:

- Discontinue the a la carte line and stop selling many of the snack items
- Repaint the serving areas using the same colors in the dining room – mostly white with some blue and red (the school colors)
- Create three new lunch lines in order to offer multiple menus at lunch, and come up with new names for each line - Panther Classics, International Favorites, and Pizza and More
- Offer a Chef Salad at lunch on all three lines
- Offer food and beverage items on all three lunch lines that meet the Smart Snacks requirements
- Purchase new signage and menu boards that show the daily menu for each line, use new signage that explains what to select for a reimbursable meal, and use color coding to identify items from each food group

The **Panther Classics** lunch line offers traditional favorites such as Chicken Tenders and Sloppy Joe Sandwiches. This line operates on a four-week menu cycle.

The **International Favorites** line includes items such as Teriyaki Chicken on Asian Brown Rice, Nachos Deluxe with a choice of toppings, Sweet and Sour Chicken, and Smothered Burritos. Turner stated "This line includes a lot of exciting items as far as the kids are concerned." This line operates on a two-week menu cycle.

The **Pizza and More** line offers pizza every Monday (peperoni), Wednesday (sausage), and Friday (cheese). Gourmet sandwiches are offered on Tuesday and Thursday. Gourmet sandwiches include Philly Cheese Steak, Meatball Sub, Barbeque Riblet, Deli Sub, Grilled Chicken, and Taco Burgers. For several of the sandwiches, students can make the sandwich theirs by adding toppings from the topping bar. Toppings offered for the taco burger include shredded lettuce, onions, jalapeno peppers, and guacamole. This line operates on a four-week menu cycle.

After students eat their school lunch they may go back in line to purchase an extra entrée. Extra entrées are priced at \$1.65.

Last year the high school had two serving periods with a 35 minute break in between. This year the school has three back-to-back serving periods. Because of this change, Turner hired an additional person to work in the kitchen. Quality is job one for Turner. Even with the added service period, the staff implement batch cooking to make sure the food is always freshly prepared. In addition, Turner makes sure that the last student to go through the line has the same choice of items as the first student to

go through the line. Turner stated "I am fortunate to have a staff that work and communicate well together. Roxie Fred, the Cafeteria Manager, is very dedicated and was totally on board with the changes. We had fun selecting the new food items and creating the cycle menus for the three lines. I've even got kids eating hummus now. We just put a little bit of salsa on top of the pan of hummus, and more kids are eating it!"

To lower the sodium content of the meals, entrée items lower in sodium were selected that still have flavor.

To lower the sodium content of their mashed potatoes, they switched to a different potato product lower in sodium and then added seasonings to create a recipe that tastes good. They process Mrs. Dash® seasoning blend in a food processor to make it more of a powder consistency, and the powder releases the flavor better and dissolves into the mashed potatoes. Turner stated "Mrs. Dash® has become our best friend." Turner uses white pepper, garlic powder, and Mrs. Dash® to season foods. A low-sodium chicken base is now used to make Chicken and Noodles.

Turner stated, "Kids are coming into the cafeteria between classes to see what is being served, and they are having major discussions about what to choose for lunch. The students are talking about the food, and it is exciting!"

Wellness Policy Trainings in Indiana

By Amber Broughton, Wellness Specialist

Thank you to everyone who participated in the 2014 IDOE Wellness Policy Trainings! We had a great time traveling to several fantastic Indiana communities and meeting with a large number of school corporations. Eighteen trainings were conducted in Indiana during April, May, and June of 2014.

There were a total of 514 participants at the trainings, with approximately 300 school corporations represented. We had a great variety of participants, including school administrators, food service directors, wellness policy coordinators, physical education teachers, parents, community members, and other school staff.

The training focused on educating participants about the new USDA Wellness Policy requirements. Trainees were given the updated Indiana Healthy Schools Toolkit, education materials, and MyPlate posters. Participants reviewed their own corporation's wellness policies and determined the next steps for their wellness activities.

Don't worry if you did not attend a training workshop. All of the training materials are available at www.doe.in.gov/nutrition/school-wellness-policy. This webpage includes the updated toolkit, policy requirements, model wellness policies and examples. Please share this information with your colleagues, administrators, and other wellness council members. These materials are meant to be shared!

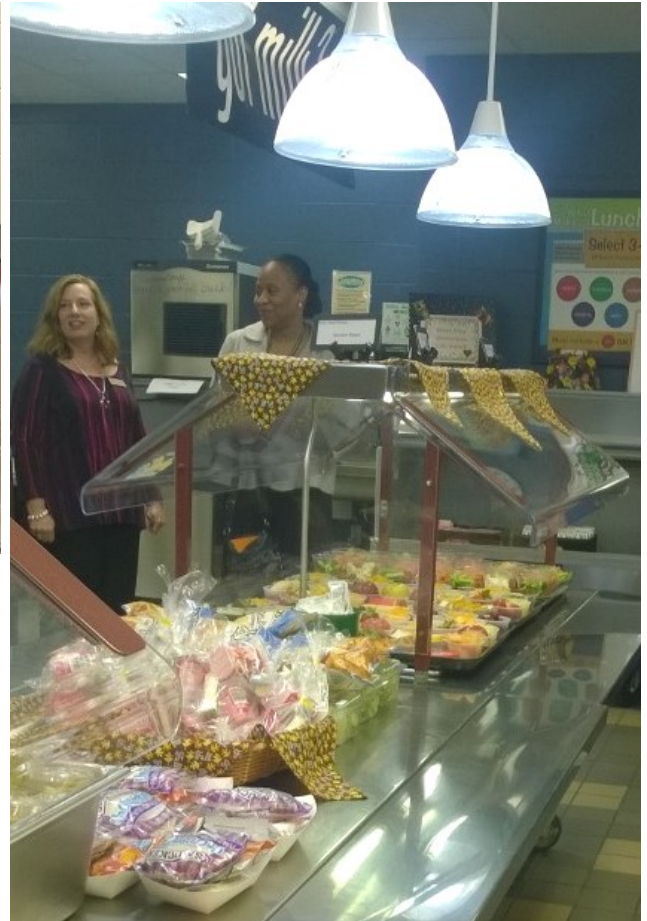
If you have any questions or technical assistance needs, please contact Maggie (Stephon) Schabel at mstephon@doe.in.gov.

West Clay Elementary School “Gets in the Game with School Lunch”

By Malorie Whitford, Dietetic Intern, Purdue University



Pictured left to right: Anne Marie Woerner, Jennifer McFarland, Malorie Whitford, Julie Sutton, and special guest Vista Suarez Fletcher from the USDA FNS Midwest Regional Office



“Get in the Game with School Lunch” was this year’s theme for National School Lunch Week (NSLW). West Clay Elementary School (Carmel Clay Schools) celebrated this theme by encouraging students to eat healthy and be active. The food service department held a drawing each day of NSLW. Any student selecting a school lunch had his/her name entered into a drawing for special prizes. All the prizes were focused on promoting physical activity and healthy eating. The items included basketballs, bike helmets, pencils with milk carton erasers, and many other fun prizes. Jennifer McFarland, Director of Food and Nutrition Services for Carmel Clay Schools, stated that the number of students selecting a school lunch increased during their NSLW celebration. The cafeteria offers students a wide variety of fresh fruits and vegetables, vegetarian options, specialty salads, whole-grain items, and delicious entrée options every day. The array of healthy food items gives students many options while providing the nutrients they need.

McFarland, along with Anne Marie Woerner, Assistant Director, Beth Galloway, Cafeteria Manager, and the food service team at West Clay welcomed some special visitors for lunch during NSLW. Vista Suarez Fletcher, Branch Chief of School Programs and Food Distribution, from the USDA FNS Midwest Regional Office in Chicago, Illinois, traveled to Carmel Clay Schools for a visit. Accompanying Fletcher on her visit were Julie Sutton, Director of School and Community Nutrition/IDOE, and Malorie Whitford, Dietetic Intern at Purdue University.



Fresh Fruits and Vegetables - Beautifully Prepared and Displayed on the Serving Line at West Clay Elementary School

Indiana Super Lunchroom Heroes Attend Smarter Lunchroom Training

By Beth Foland, Team Nutrition Senior Specialist

In June and July, over 225 foodservice staff became Super Lunchroom Heroes while participating in *School Foodservice Excellence Training* (SFET). This free six-hour training promoted Smarter Lunchroom principles and the HealthierUS School Challenge as part of a 2013 Indiana Team Nutrition grant. Smarter Lunchrooms demonstrate core values including: low-cost and no-cost solutions to promote healthful eating behaviors, a positive lunchroom environment, and food waste control. Trainings were held in

eight locations around the state, and focused on new techniques for increasing participation, strategies for getting students to take and eat the healthier options, and ways to bolster school foodservice's reputation.

Hosting the training were the Indiana Department of Education's own Super Sarah, Brainy Beth, and Agreeable Allie (Sarah Kenworthy, Beth Foland and Allie Caito-Sipe) who used "Super Lunchroom Heroes" as the theme for the day. Based on the *Lunch Lady* graphic book series by author Jarrett J. Krosoczka, this theme recognizes the significant impact school lunch staff have on their students.

The training began with Sarah, Beth and Allie bedecked in Super Hero attire including: Yellow Suction-Cupped Rubber Gloves; Hamburger Headphones; and Taco Goggles. They welcomed participants and invited everyone to introduce themselves while listing their own favorite kitchen gadget.

Allie gave an in-depth review of the Smarter Lunchroom Movement explaining how the Cornell Center for Behavioral Economics in Child Nutrition Programs (B.E.N. Center) applies experimental research from the Cornell Food & Brand Lab to school lunchrooms. Making simple changes in the lunch line set-up can actually change the way students choose their meal! Here are some statistics from the B.E.N. Center research:

- Moving and highlighting fruit increased sales by up to 102%
- Naming vegetables and displaying the new names with the foods increased selection of vegetables from between 40% - 70%



Pictured from left to right: Rebecca Clark, Cafeteria Manager for Anderson High School, and Trainers Sarah Kenworthy, Allie Caito-Sipe, and Beth Foland

- Placing white milk first in the lunchroom coolers has resulted in an increase of up to 46% in white milk sales
- The first highlighted entrée on the lunch line has an 11% advantage over the second option
- The number of students consuming "healthy items" increased by 35% after the introduction of a "healthy choices only" convenience line.

In addition to great information, discussions, group activities and brain breaks (can you "write" your name in cursive using your knee?), attendees shared best practices and developed solutions to many challenging situations with students, parents and staff. Participants created goals for their specific foodservice program, while sharing individual struggles and successes.

Allie shared one of our four new culinary videos highlighting recipes from the cookbook, *Sizzling School Lunches, Indiana Cooks with Chef Cyndie*. The video cooking demonstrations include Cranberry-Orange Granola Bars, Tropical Apples, Sesame Green Beans, and Vegetarian Enchiladas. To view the cookbook and all four videos, click [here](#).

Taking it to the next level, Beth talked about sub-grant opportunities to help schools implement Smarter Lunchroom practices and HealthierUS School Challenge strategies. The sub-grants are another component of Indiana's 2013 Team Nutrition grant.

Participants left the training energized with new ideas and resources. Each attendee received free laminated Eat Smart Play Hard posters, a copy of the new *Team Nutrition Popular Events Idea Booklet*, food safety mini-posters, and a copy of *Recipes for Healthy Kids Cookbook for Schools*.

Learn more about the Smarter Lunchroom Movement at <http://foodpsychology.cornell.edu/content/smarter-lunchrooms> or take the Creating Smarter Lunchrooms Online Course! at https://cornell.qualtrics.com/SE/?SID=SV_3CVLswwEZI5qdak.

At-Risk Afterschool Meals Program

*By Heather Stinson, Nutrition Specialist
Child and Adult Care Food Program*

Calumet High School (Lake Ridge Schools, Gary) was the first school in Indiana to join the At-Risk Afterschool Meals Program offering supper. We caught up with their Food Service Director, Toni Rattray, to follow up on their success. When they first joined the program several years back, they typically served between 50-60 suppers each day to high school students involved in after school enrichment programs. Rattray shared with us that they now have days where they serve as many as 100 suppers. Rattray contributes part of this growth in participation to their collection and use of student feedback. They are also increasing participation by adding another location to the At-Risk Afterschool Meals Program. At the start of their fall classes, New Tech Middle School will also begin the Program.

When asked about the program's logistics, Rattray explained that the students staying after school first come to the lunchroom. The students start by signing up for the enrichment class they would like to attend that day. Students have lots of classes to choose from, including math, cooking, and Zumba. After they have made their selection, the students are served supper. Two food service staff members work in the evenings to prepare and serve the meals. After supper, the students proceed to their selected class. This procedure encourages the children to attend a variety of activities and offers a supper meal service without requiring the food service staff to work too late into the evening.

Rattray's advice for keeping an At-Risk Afterschool Meals Program running smoothly is to provide adequate training to your team and let the students have input in the meals.

To learn more about At-Risk Afterschool Meals, click [here](#), or contact Heather Stinson at hstinson@doe.in.gov or 317-232-0869 or Carol Markle at cmarkle@doe.in.gov or 317-232-0873. The process is streamlined to assist schools in joining the program quickly and easily.

Fuel Up to Play 60 Event

By Maggie (Stephon) Schabel, Wellness Specialist

On Tuesday, September 23rd - a Fuel Up to Play 60 celebration was held at the Indiana Farm Bureau Football Center in Indianapolis. Kid-friendly activities included a photo op with the 2006 Super Bowl trophy, a make-to-order omelet station, Blue Crew smoothies, and knowledgeable presenters. Special

guest appearances included the Indiana Dairy Council's mascot - Buttercup, Power Panther (representing the USDA Eat Smart. Play Hard Campaign™), and Indianapolis Colt's Punter Pat MacAfee himself! What a fun-filled night for students, parents, and school staff alike.

The Indiana Department of Education (IDOE) shared a booth with Purdue Extension. Purdue Extension promoted the *Serving Up MyPlate: A Yummy Curriculum*, while the IDOE promoted the Farm to School Program. It was especially nice to hear many of the participants, including students, school foodservice staff, teachers, principals, and parents share their success stories on how they bring the farm to their schools.

The night was a thank you for those schools participating in the Fuel Up to Play 60 Program.

Power Panther says it best, "Eat Smart. Play Hard."

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Director's Corner - By Julie Sutton

The school year is flying by, and we have several great training opportunities in the works for you before the end of the year.

The Indiana School Nutrition Association conference was a great success, and we were happy to see all of you there and share with you some of the exciting things you and your peers are doing across the state.

Be on the lookout for upcoming Financial Management training and HealthierUS School Challenge training presented by the National Food Service Management Institute (NFSMI). Also be sure to apply for the Equipment Grant to assist you in meeting the new meal pattern.

We are also excited to be working with The Produce Mom and the Indianapolis Colts to provide 15 school shows this school year.

So keep an eye out for all these opportunities, and let us know if you would like to receive additional training on specific topics.

Have a great holiday season!

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To learn more about Fuel Up to Play 60, go to www.fueluptoplay60.com.

To learn more about the Indiana Dairy Council, go to www.winnersdrinkmilk.com.

To learn more about Farm to School, go to www.doe.in.gov/nutrition/farm-school.

Photo: Power Panther (Sarah Kenworthy, School Nutrition Program Coordinator/IDOE) and Peggy Wild, State Director of Career & Technical Education/IDOE, celebrate Fuel Up to Play 60.



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